

OCT 1 - NOV 11



11 MILE TRAINING SCHEDULE

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
9/28/20				30min STEADY	30min EZ	5-6 MI	REST
10/5/20	30min STEADY	20-35 XT	30min STEADY	20-35 XT	30min EZ	6-8 MI	REST
10/12/20	40min STEADY	20-35 XT	40min HILLS	20-35 XT	40min EZ	8-9 MI	REST
10/19/20	40min STEADY	20-35 XT	40min TEMPO	20-35 XT	40min EZ	8-9 MI	REST
10/26/20	45min STEADY	20-35 XT	45min SPEED	20-35 XT	45min EZ	10 MI	REST
11/2/20	45min STEADY	20-35 XT	45min SPEED	20-35 XT	45min EZ	6 MI	REST
11/9/20	20min EZ	REST	11 MI				

RPE: Rate of Perceived Exertion

STEADY: Conversational pace, (RPE = 6-7, you should still be able to speak sentences while running)

XT: Cross training (bike, swim, yoga, strength), RPE = 6-7

EZ: Super easy effort, RPE = 3-4 (*optional run/walk or walk)

HILLS: Find a hill that takes 1-3 minutes to run up, and do 3-6 repeats with an easy jog down.

TEMPO: Halfway through the run, insert 2x(10-15min) at tempo pace (RPE = 7-8, you should still be able to talk but not complete sentences!), 5 minute EZ between

SPEED: Hit the track! Warm up for 10 minutes, then do 2x400m + 2x800m with 30-60 seconds rest in between. *All repeats on the track should be done at a hard effort, RPE = 9-10. 5 min EZ walk do cool down.

